

FORWORD

Significant change in the meaning and practice of education over the past few decades challenges physical educators and coaches to develop and innovative pedagogical practice that can advance the relevance and educational value of sport and other physical activity for children and young people. At the same time coaches of sport ranging from grass roots children's sport to the most elite, professional levels are constantly searching for ways in which they can develop complete players who not only skilled but also tactically astute and good decision-makers. Physical education and sports offers both a means through which they can make sport and games rewarding, satisfying and enjoyable for a wider range of students and players than dominant technique-focused approaches. Growth in the development of understanding approaches to teaching and coaching is evident in a marked expansion in research and the emergence of new variations such as Game Sense and Play Practice in India. The development of Physical Education and sports will receive a significant boost with the success of the first national Seminar on Emerging Trends in Physical Education & Sports. This book will make a valuable contribution to the development of research in the field of Physical Education and Sports and similar approaches that recognize and can account for the complexity of learning and the essentially contextual nature of teaching learning process. The seminar will bring together researchers, teachers and coaching approaches. At last I congratulate Department of Physical Education for organizing such good national seminar and publishing this book on behalf of S.D. College (Lahore), Ambala Cantt, Haryana.



Dr. Rajinder Singh
Principal

MESSAGE

It is a great opportunity for me to write a topic on “Emerging Trends in Physical Education and Sports”. The aim of this topic is to identity the current trends and challenges in physical education and sports. There are various factors which are diminishing the interest of students in physical education activities. Although the physical education is being tough as per of curriculum in schools and colleges but lack of adequate time, trained teachers and good facilities are responsible for little interest in the field. The future challenges to make the field interesting involves an adequate curriculum, sufficient funds allotment for holding various compititions and role of technology to create awareness about the importance of physical activities and sports in our daily life. Every human being has a fundamental right of accessed to physical education and sports, which are essential for the full development of his/her personality. The freedom to develop physical, intellectual and moral power through physical education and sports must be guaranteed both within the educational system and in other aspect of social life.

Today children's/students are more sedentary than ever, due in part to the enormous amount of time spent on phone, computers and engaging with social media. Because of this, weight related health issues such as obesity and diabetes are more prevalent in them and has become health issues. Educational institutions which are played a huge part in health education are cutting back, on in some cases, eliminating physical education at all levels. For some students physical education may be the only opportunity for physical activity. Unfortunately many institutions are faced with budget cuts and the first things to go tends to be physical education.

Where almost all the small and big nations are moving their mark in sports. Our country despite of population of more than 130 crore has not made any great presence in various International Competitions. There is not the responsibility of the Central or State Govt. But, it is also the responsibility of all those people who are linked with physical education and sports directly and indirectly. We have never fulfilled duty and responsibility properly put have just completed our formalities due to which we are facing such poor performance in physical education an sports.

There are at least 500 professional colleges of physical education affiliated to or run by different universities. These colleges/departments are having sports facilities as per the norms and standard laid down by in the National Council for Teacher Education (NCTE), a statutory authority enacted by Parliament of India. Some of the leading colleges/Universities of the country can be identity by sports Authority of India and there should be scheme to utilize their colleges for the training of the budding sports person. The colleges/Universities may be encouraged to adopt the neighbouring schools/ colleges for streamlining their sports programme. But there should be a monitoring council consisting of physical education professionals like All India Council of Physical Education instead of NCTE, who could moniter every physical education institution.

Dr. Shashi Rana
Associate Professor &
Director Seminar
Deptt. of Physical Education

PREFACE

“ETPES” is a National seminar that focuses on physical education, health behaviors, nutrition, education, cultural and social dynamic achievements and other topics regarding the physical education and sports field. Physical education and sports plays an important role in human life, improving people health and personal growth and also offering the opportunity to experience fun, exercise and to spend time in a pleasant manner. Physical education and sports are activities with national interest, supported by the Haryana state and included in the scholar curriculum as a necessary branch of science. Many scientific studies revealed and sustained the prophylactic and therapeutic role of sport. It is well known fact that the physical activity may prevent or delay the onset of diseases and at the same time, it is used with great results in their treatment and rehabilitation. Starting from this point of view we want to offer a framework that allows people who are involved in research or in the practice of physical activities and in sport performances to find out the most recent news in this field.

The main objective of this national seminar is to reunite specialists from different fields such as sport, physical activity, kinesiotherapy, education, sports psychology, health and nutrition, in order to provide the opportunity of multidisciplinary debates and comprehensive understanding of how physical activity influences human life. Researchers from areas related to physical education health and sports will be invited to present their newest gathered information and its practical applicability. Having participants with various cultural backgrounds promotes intercultural and experience exchange together with sharing ideas and spreading the latest

knowledge among the scientific world. The target group of the event involves specialists from different fields such as: academicians, researchers, physicians in sports medicine and psychologists related to the sports domain.

We are delighted to present the book of proceedings that is the result of an open call for submitted papers related to the work delegates presented at the ETPES 2018 National Seminar at the S.D. College (Lahore) Ambala Cantt, Haryana on 27 February, 2018. The main theme of the seminar was “Emerging Trends in Physical Education and Sports”. The sub themes included Recent Trends in Sports Sciences, Health and Fitness, Exercise Physiology, Sports Nutrition, Information Technology in Physical Education and Sports, Sports and Society, Sports Coaching, Bio-Mechanics, Sports Anthropometry, Sports Medicine, Sports Injury and Rehabilitation, Psychology in Sports, Sports Training, and Sports Management.

I would like to thank those who have contributed their work to this publication. I hope this book opens up new ideas and vistas of knowledge.

Dr. Nitin Sehgal

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Further I owe my thanks to the Director General Higher Education (DGHE), Panchkula for their financial support which has made it possible for us to organize this event and to publish this book.

I owe my sincere thanks to Prof. Arvind Malik, Chairman, Deptt. of Physical Education, Kurukshetra University, Kurukshetra, Prof. M.S. Chauhan Ex. Chairman Deptt. of Physical Education Kurukshetra University Kurukshetra, Prof. Nishan Singh Deol, Deptt. of Physical Education Punjabi University Patiala, Punjab, Dr. H.S. Kang, Associate Professor Deptt. of Physical Education and Sports G.N. Khalsa College, Yamuna Nagar and Dr. Kuldeep Singh Beniwal, Deputy Director DGHE for his contribution to the seminar and being a constant source of inspiration and assistance.

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Dr. Rajesh Kumar Phor
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